

We are the MS Society

MS Society is a community of people that pool their experience, expertise and voices to drive change and help people live more positively with MS. By coming together, we can provide care, share support, collectively campaign and commission life-changing research – all of which help us face the future with more confidence.



We don't know the cause or found a cure
but research is progressing fast



Retford District Family Support Group

Provides support and friendship for people affected by multiple sclerosis in the local community.

The group has a wide age range, is very popular, has many events and activities including a monthly newsletter and works hard to improve services in the area for people with MS.

The group promotes health, wellbeing and self help but over everything else we encourage people to get involved. The monthly Coffee Cake and Chat Morning is the hub for all info, meet ups and an opportunity to see a neuro nurse out of clinic.

A dedicated swim/float session for people with MS is held on a weekly basis at Retford Leisure Centre where a facility for more dependent people has been provided by the group. Seated, Standing and Neuro Physio Pilates are accessible for people with MS at Retford Pilates Clinic. Meals out, MS awareness and fundraising events to maintain the group and provide assistance to the local MS community are always popular with the emphasis on having fun.

More info about the group, our activities and how to get involved is available from retford@mssociety.org.uk, group helpline **01777 704 687**, or the Long Term Neurological Conditions Service at Retford Hospital **01777 274 422**.

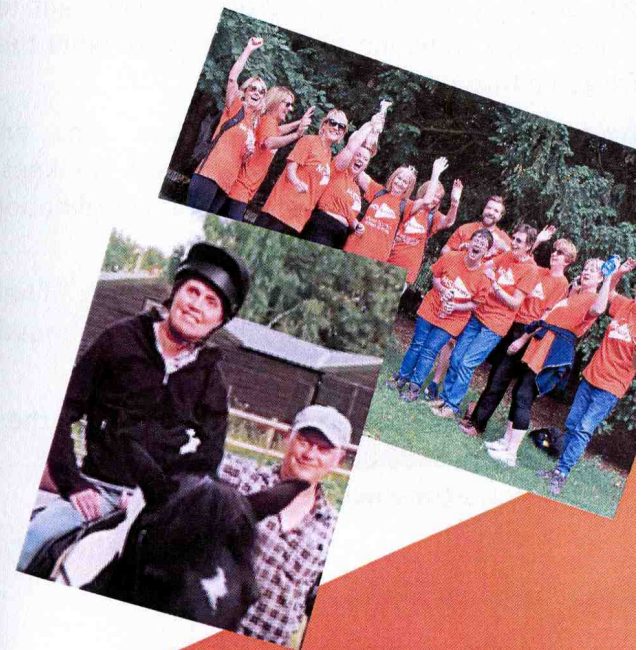


Team Retford MS

Is part of Retford District Family MS Support group of the Multiple Sclerosis Society and promotes exercise, motivation and wellbeing. Team Retford MS is made up of people with MS, volunteers and supporters.

They challenge themselves to do more exercise, encourage others to do the same and raise funds towards providing equipment to assist exercise for Bassetlaw Neuro Rehab Services, Retford Leisure Centre and the local MS community.

More information about Team Retford MS and how to get involved, email retford@mssociety.org.uk or phone the group helpline **01777 704 687**.



What is MS?

MS is a condition of the central nervous system where the body's immune system attacks the nerves in the brain and spinal cord.

The cause is still unknown and it affects people very differently.

People are usually diagnosed in their 20's or 30's upwards and it can also happen in childhood.

It is a lifelong condition but people don't usually die from it.

More than 100,000 people in the UK are known to have MS.

It is not infectious or contagious, so it cannot be caught by meeting someone with the condition.

Most of MS symptoms are invisible, so you can't tell by looking at someone if they have MS or what they are going through.

Symptoms can be pain, numbness, pins and needles, paralysis, blurred vision, muscle weakness, bladder and bowel disorders, poor coordination, thought processing and many more.

Research has found that moderate exercise can help manage common MS symptoms like fatigue, muscle spasms and balance.

More questions about MS can be answered by the MS Society call **0800 800 8000** or Email **supportercare@mssociety.org.uk**

Lead Volunteers for Retford District MS Support Group

Coordinator - Barbara Ramsden

Finance - Mike Spencer

Web/Newsletter Editor- Adrian Argent-Cook

Contacts

Group helpline and general/Team Retford MS enquires

retford@mssociety.org.uk
01777 704 687

Bassetlaw Neuro Nurse and Neuro Rehab Services

01777 274 422

MS National Centre

020 8438 0700
info@mssociety.org.uk

MS Grants

supportercare@mssociety.org.uk

MS Helpline and Support Freephone

0808 800 8000
(weekdays 9am-7pm)
helpline@mssociety.org.uk

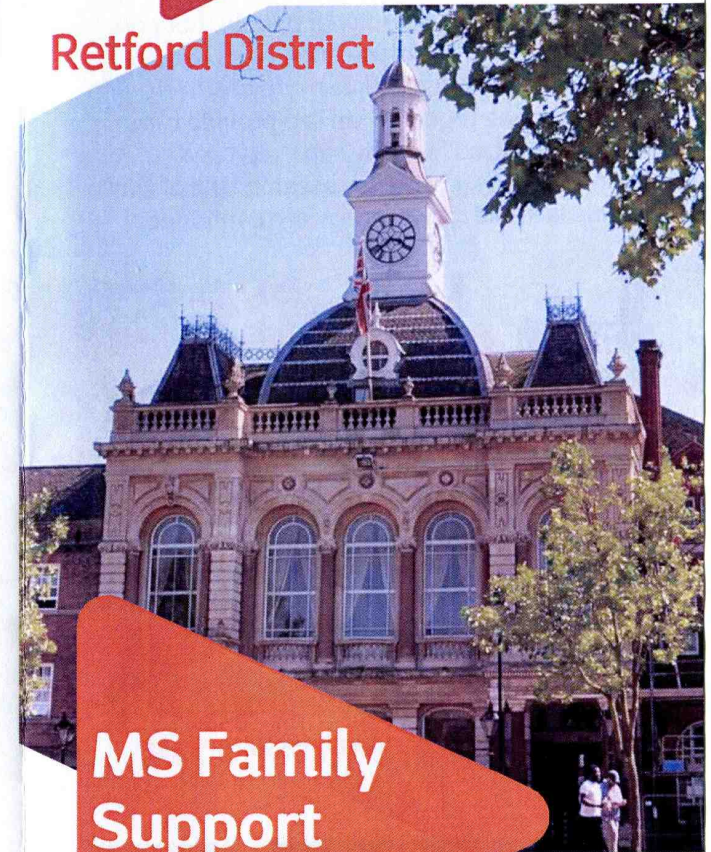
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Retford District



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